



## *Tips for Dining Out*

- For a low-calorie, tasty lunch, order grilled items without mayo and cheese.
- Split an order of fries with a friend.
- Skip the “Super Size” combos...enjoy a regular hamburger, and a small or medium side item.
- If you are using the drive-through for supper, skip the fries and heat up a can of vegetables instead.
- Order a salad but ask for low fat dressing on the side.

### *DID YOU KNOW...*

- In 1950, a 1-ounce burger and 12-ounce soda totaled about 640 calories.
- In 2002, a 6-ounce burger and 36-ounce soda totaled about 1500 calories.



**For more information:  
Toll Free**

**1-866-369-9333**

**Office of Public Health Nutrition**

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